



KRAGERUP & KO
energien på bordet

Allergen information week 16


Monday

Butter chicken (7+15+16)
Mango chutney (10+15), tomato raita (7+16) and naan (1)
Pilau rice with onions, lentils and cardamom (10+15)
Kale, butternut squash, mango and pumpkin seeds (16)
Sandwich spread: Smoked "rullepølse" with aspic and onions (15)
Sausage salad with potatoes and mustard (3+10)
Veggie/ Vegan: Grilled hispi cabbage with lentils, hazelnuts and curry sauce (8/hazelnuts+15+16)

Tuesday

Veal tagine with chickpeas, apricots, almonds and mint (8/Almonds+15+16)
Harissa (16) and min yoghurt (7+16)
Pearl cous cous with grilled veggies and pomegranate (1+16)
Watermelon, cucumbers, red onions, spinach, dukkah and feta (7+8/Hazelnut+11+16)
Sandwich spread: Shellfish salad with avocado and watercress (2+3+10)
Rosemary ham with sundried tomato pesto (16)
Veggie/vegan: Vegetable tagine with chickpeas, apricots, almonds and mint (8/Almonds+15+16)


Wednesday

 Danish style meatloaf with bacon (3+15)
Pickled cucumbers, cranberry compote and gravy
Potatoes with herbs
Hispi cabbage, green asparagus, radishes and apples (16)
Sandwich spread: Pastrami with pepper pesto (16)
Salmon salad with apples and dill (3+4+10)
Veggie/ Vegan: Portobello "veggie loaf" with aubergine and chickpeas (15+16)

Thursday

Caribbean inspiration menu
Cajun roasted tuna (4) with chipotle mayonnaise (3+10) and mango salsa
Lime marinated salmon (4) with creamed avocado (16) and cajun corn
Chicken skewers with jerk spice and habanero hot sauce (16)
Quinoa, sweet potatoes, tiger prawns, black beans and avocado (2+16)
Gem lettuce with mango, popcorn, cheddar, radish and Caesar dressing (3+4+7+10+16)
Sandwich spread: Cold roasted pork with red cabbage and mustard cream (10)
Ham salad with grain mustard (3+10)
Cake: Rhubarb short cake with marzipan (1+3+7+8/Almonds)
Veggie: Sweet potatoes with jerk spice and black bean corn salsa (15+16)

Friday

 Pulled pork with chipotle Bbq sauce (15+16)
Tortillas(1) , guacamole (7+16), roasted tomato salsa (15+16) and "hotsauce" (16)
Potato salad with smoked chili, corn, avocado, feta, celery and scallions (7+16)
Coleslaw with cabbage, carrots, black beans and red onions (3+10+15+16)
Sandwich spread: Egg salad with peas and cress (3+10)
Roast beef with piccalilli (10+15) and red onions (15)
Veggie/vegan: Pulled oyster mushrooms, lentils and mushrooms with chipotle Bbq (15+16)

1 = Gluten // 2 = Crustaceans // 3 = Eggs // 4 = Fish // 5 = Peanuts // 6 = Soy // 7 = Lactose // 8 = Nuts // 9 = Celery // 10 = Mustard // 11 = Sesame seeds // 12 = Sulfur dioxide // 13 = Lupin // 14 = Molluscs // 15 = Onion // 16 = Garlic

Allergen precautions in our main courses, sandwich spreads and vegetarian dishes - Should you have any further queries regarding allergens content, do not hesitate to contact us.